



COCONUT THAI CURRY WITH CHICKPEAS

5 portions

INGREDIENTS

- 400 grams of coconut milk, canned
- 400 grams of crushed tomatoes, canned
- 2-3cm of ginger root, grated
- 1-2 tsps of chili powder
- 1kg of butternut pumpkin
- 600 grams of eggplant, diced
- handful of fresh coriander, finely chopped
- 1 drained can of chickpeas
- 1 tbsp of miso paste
- 1.5 cups of rice, brown, medium-grain, raw (285 g)
- 1 drained can of lentils

COOKING METHOD

- 1° Preheat Oven to 180 degrees celsius
- 2° Put coconut milk, tinned tomatoes, grated ginger, and chilli into a large saucepan with a sprinkle of salt and pepper. and allow it to heat until boiling.
- 3° As it heats up, peel the pumpkin and cut both the pumpkin and eggplant into bite sized pieces. Add these to the coconut and tomato in the pan.
- 4° Allow the mixture to cook for 30minutes in the oven, at which point add the coriander, chickpeas, and lentils to the pan with the miso and place the pan back in the oven for 30 minutes. It is ready when the pumpkin is soft.
- 5° Serve the coconut curry with the brown rice.
- 6° Note: You can substitute any of the veggies for others you have in the house, cauliflower, zucchinis and sweet potato are all delicious.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (641 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 100 kcal | 643 kcal | 32 % |
| FAT | 3 g | 21 g | 33 % |
| FATTY ACIDS, TOTAL SATURATED | 2 g | 16 g | 79 % |
| CHOLESTEROL | 0 mg | 0 mg | 0 % |
| SODIUM | 71 mg | 457 mg | 19 % |
| CARBOHYDRATE | 16 g | 104 g | 35 % |
| SUGARS | 2 g | 15 g | — |
| FIBER | 3 g | 19 g | 74 % |
| PROTEIN | 3 g | 19 g | — |